

# CARRYING THE MESSAGE

*of recovery in Overeaters Anonymous*

**SATURDAY, MAY 7, 2022**

**1-3PM PACIFIC**

[Zoom Link](#)

Meeting ID: 840 3179 3057

Passcode: 352061

**Workshop Purpose** is to help you enthusiastically and confidently carry the message of OA: 1) to those who suffer from compulsive eating in your personal world, 2) with those who ask you about your program, and 3) with your health care/mental health care providers.

**INTERACTIVE ACTIVITIES** focus on sharing **your** OA experience by discussing possible barriers to sharing, creating an “elevator speech” (a prepared brief share), and sharing with health care professionals.

**JOIN US** as we share our experience, strength and hope to learn about the importance of carrying the message (Step 12, Tradition 5), Anonymity (Tradition 12), and attraction rather than promotion (Tradition 11).

*This workshop co-sponsored by:*

[Southern Oregon/Northern California Intergroup](#) and [Overeaters Anonymous Region One](#)